

5-Minute Chocolate Mug Cake

Servings: 1

Source: Sue Chapo April, 2009

Ingredients

- 4 tablespoons Flour
- 4 tablespoons Sugar
- 2 tablespoons Cocoa
- 1 Egg
- 3 tablespoons Milk
- 3 tablespoons Oil
- 3 Chocolate Chips (optional. Right.)
- A Small Splash Of Vanilla Extract
- 1 large Coffee Mug (MicroSafe)

Method

Add dry ingredients to mug, and mix well. Add the egg and mix thoroughly.

Pour in the milk and oil and mix well.

Add the chocolate chips (if using) and vanilla extract, and mix again.

Put your mug in the microwave and cook for 3 minutes at 1000 watts.

The cake will rise over the top of the mug, but don't be alarmed!

Allow to cool a little, and tip out onto a plate if desired.

EAT! (This can serve 2 if you want to feel slightly more virtuous).

HELEN

Notes

This seemed too spongy to me when I first had a few bites soon after it was cooked. It was much better a few hours later.

Pouring half-and-half on top of it doesn't seem to hurt it at all and I imagine ice cream could only add.